

School Breakfast Program (SBP)

Seven-day Breakfast Menu Planning Form for Ages 3-4

The Healthy and Hunger-Free Kids Act of 2010 requires the U. S. Department of Agriculture (USDA) to develop new meal patterns for the Child and Adult Care Food Program (CACFP). The current [breakfast meal pattern for preschoolers](#) remains in effect until the USDA revises the CACFP meal patterns.

School:

Week of:

Food Components ¹	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Milk ($\frac{3}{4}$ cup) ² Low-fat (1% or less, unflavored only) or fat-free (unflavored or flavored)							
Vegetables/Fruits ($\frac{1}{2}$ cup) ³ Fruit and/or vegetable or full-strength fruit juice or vegetable juice							
Select one serving from the grains/breads and meat/meat alternates components, two from one component or an equivalent combination ⁴							
Grains/Breads ⁵ Whole-grain or enriched bread ($\frac{1}{2}$ serving) Whole-grain or enriched biscuit, roll, muffin or other breads ($\frac{1}{2}$ serving) Whole-grain, enriched or fortified cereal ⁶ ($\frac{1}{3}$ cup or $\frac{1}{2}$ ounce)							
Meat/Meat Alternates Lean meat, poultry or fish ⁷ ($\frac{1}{2}$ ounce) or Alternate protein products ⁸ ($\frac{1}{2}$ ounce) or Cheese ($\frac{1}{2}$ ounce) or egg ($\frac{1}{2}$ large) or Peanut butter (1 tablespoon) or Cooked dry beans and peas (2 tablespoons) or Nuts and seeds ⁹ ($\frac{1}{2}$ ounce) or Yogurt ($\frac{1}{4}$ cup)							
Other foods (Do not count) ¹⁰							

◀ See page 2 for important menu planning notes ▶

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- ¹ Children may be served larger portions but not less than the minimum quantities specified. Use the U.S. Department of Agriculture's (USDA) [Food Buying Guide for Child Nutrition Programs](#) to determine the amount of purchased food that meets the minimum requirements. For processed foods, review [Child Nutrition \(CN\) labels](#) or [product formulation statements](#).
- ² Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%) and flavored low-fat milk cannot be served.
- ³ Serve a fruit or vegetable, combination of fruit and vegetable or pasteurized 100 percent full-strength fruit juice or vegetable juice. A minimum of 1/8 cup must be served to count toward the total requirement. Full-strength vegetable or fruit juice cannot count for more than half of the total requirement.
- ⁴ Serve one of the following four options: 1) one serving of grains/breads and one serving of meat/meat alternate; 2) two servings of grains/breads; 3) two servings of meats/meat alternates; or 4) an equivalent combination that totals two servings, such as 1 1/2 servings of grains/breads and 1/2 serving of meat/meat alternate.
- ⁵ Bread, pasta or noodle products and cereal grains must be whole grain or enriched. Cornbread, biscuits, rolls, muffins and other breads must be made with whole-grain or enriched flour or meal. Bran and germ are credited the same as enriched or whole-grain meal or flour. All grain and bread products must meet the minimum serving sizes specified in [Serving Sizes for Grains/Breads for Preschool Meals in the National School Lunch Program \(NSLP\) and School Breakfast Program \(SBP\)](#). Alternatively, schools can choose to use the minimum ounce equivalents specified in [Whole Grain-rich Ounce Equivalents for School Nutrition Programs](#). **Note:** The "grains/breads" component of the preschool breakfast meal pattern applies only to children ages 1-4. For children ages 5 and older, the SBP meal pattern applies and the whole grain-rich "grains" component replaces the "grains/breads" component. For more information, see [Criteria for Whole Grain-rich Foods](#).
- ⁶ Breakfast cereals must be whole grain, enriched or fortified. One serving must meet the requirements for either measure (cups) or weight (ounces), whichever is less.
- ⁷ The serving size refers to the edible portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone.
- ⁸ Alternate protein products must meet the USDA requirements specified in appendix A to Part 210 of the [NSLP regulations](#). For more information, see the [Crediting Foods](#) Web page.
- ⁹ Nuts and seeds that may be used as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soynuts. One ounce of nuts or seeds equals one ounce of cooked lean meat, poultry or fish. No more than one ounce of nuts or seeds may be served in any one breakfast.
- ¹⁰ Other foods do not contribute to the meal pattern, e.g., condiments such as butter and syrup. For more information, see [Noncreditable Foods in School Nutrition Programs](#)



For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#) and the CSDE's [Meal Patterns](#) Web page and [Crediting Foods](#) Web page or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This form is available in PDF at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/mj7bkfst3-4.pdf and Word at www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/sbp/mj7bkfst3-4.doc.

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